



**ART OF COACHING PODCAST™ EPISODE 252  
STRATEGIES FOR COMBATTING THE HOLIDAY BLUES & GETTING OUT OF A RUT**

If you or someone you know struggles with the holiday blues, what factors are contributing to that? Keep asking "why" in order to find the root cause!

Let's put these remedies into practice! In what ways can you step away from the digital world? What can you put in place of the time you spend there?

What are your current "movement" habits like? Where can you insert a little more motion into your life? I.e. Is there anything you can do while you go for a walk at the same time?



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Even a small change in your environment can influence your mood. Based on your circumstances, what are 2 simple ways you can change the environment you operate in?

Does being around people fuel you or drain you? What opportunities are available to you to either increase your pro-social behavior or isolate yourself - whichever is more needed in your current phase of life?

We don't always need to be happy. What tasks can you get done most efficiently when you feel a little down? List 2 ways you can leverage those tasks to benefit your current goals.



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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# Art of Coaching Podcast™



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